

NYC Department of Education
Community School District 26 & Community District Education Council 26

YOGA

With Irene Failenbogen

An Autumn Parent Workshop Series



*Increase your balance and flexibility.
Master challenging poses as we breathe our way to relaxation.*

*Parents with all levels of experience are welcome!
Come to one class or come to all!*

Wednesdays at PS 376

October 10th, 17th, 24th, and 31st

9:00 AM to 10:30 AM

PS 376 is located at 210-21 48th Avenue in Bayside.

PLEASE BRING A YOGA MAT IF YOU HAVE ONE.

REGISTRATION IS NECESSARY TO ENSURE ADEQUATE SPACE FOR ALL.

To register and for more information please contact Kim D'Angelo, District 26 Family Coordinator.
Call 718-631-6905 or email kdangelo4@schools.nyc.gov